

# SESSION PLANNER -

DATE 3/22/09

VENUE LAFAYETTE

DURATION 15 min

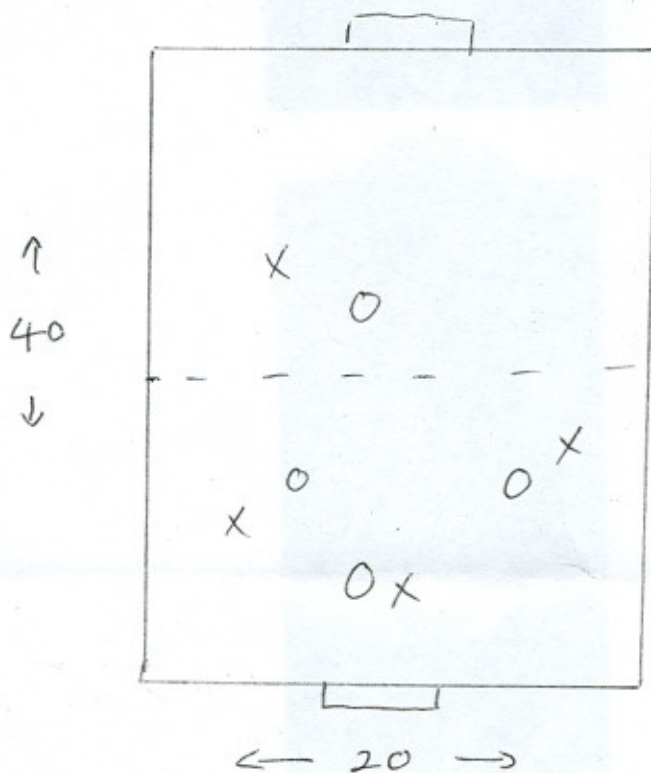
GROUP INVOLVED MAGIC COACHES

No. IN SESSION 8

TITLE OF SESSION SSG - 4 v 4 PART 1

AIMS & OBJECTIVES OF SESSION Press / Speed of play

## ORGANISATION



## STRUCTURE & PROGRESSION

4 v 4 - NORMAL PLAY  
IF THE BALL IS WON IN THE ATTACKING HALF 2 POINTS ARE EARNED IF A GOAL IS SCORED.

Progress to two touch  
(IF PLAYERS ARE READY)

## COACHING POINTS

- Defend high up field
- turn press into goal-scoring opportunities
- Play quickly to beat press
- Shape